

# Nature's Way

Headache, Nervousness, Sleeplessness and other disorders of the nervous system quickly relieved by

**Dr. Miles' Nervine**

Which soothes and allays the pain—rest and sleep follow in a natural manner.

Free from habit-forming drugs.

Mrs. J. V. Thompson, Dallas, Texas, found relief. She says: "For thirty years I suffered with sick and nervous headaches. Took several bottles of Dr. Miles' Nervine and it has been four years since I had headaches."

Money back if first bottle fails to relieve or satisfy.

SOLD BY ALL DRUGGISTS

## Tracy City

Special to the News.

Editor News, your editorial on disorder was just fine and I certainly appreciate it very much. You are right and every old veteran knows that war strikes the deepest into the morale of the people than anything else we could name.

"J. G.", I compliment you on your splendid article. You told the truth on hard times, hit and hit hard.

Our fathers bared their breasts in order that the generations that would follow them should be free, but no man has a right to do anything that is detrimental to the interests of others. I've heard men curse our laws and call them rotten. What law is rotten they can't tell you. Just a few years ago, if there is such a thing as hell on earth, Tracy City was as near it as any place, not excepting Bell Buckle. Seven saloons running wide open, drinking, gambling, shooting of pistols. It was terrible, yet it appears there are some who would like to have the saloon back again.

There are no saloons here now, but liquor has got in its deadly work and men quite recently have died drunk or come to their graves on account of liquor, ten or twelve or more, and yet some want it back. I don't. Of all evils liquor is the worst.

When I was a soldier none of the boys wanted to be killed with a deck of cards in their pocket, so, before going into battle the boys threw their cards away. You never hear anything said now about the evils of card playing in polite society.

"Blue Eyes," I don't like to make trouble for you. It does seem to me you made a serious mistake when you said most of the girls were ruffled dresses so they could catch young boys. Boys, that is an admission no lady would make. Poor boys, what a low estimate ruffled dresses put on your intelligence! Why wear any dress at all? That takes the cake for brazen impudence. Surely the girls in your community won't endorse you. There are some nice intelligent girls in the Oak Grove community, who are particular in dress, particular in what they say and also in their conduct and in whom they keep company with and it's not just anybody with them.

Had my first new Irish potatoes yesterday at Brooks Owen's. They tasted fine.

Uncle Riley Pyburn thinks the wild cat still is the cause of the high price of sugar, karo syrup and molasses. Bob Brown and Uncle Riley are discussing the money question. Well, if Uncle Riley is correct on the sugar and molasses question, the wild cat still should be destroyed and the better element should help do it. The children love sugar and molasses and they should have it, and the country should see that they get it. Corn looks very well.

Uncle Tom.

## How to Lower Your Meat Bills

Hints From the Department of Justice

### A MESSAGE FROM THE STATE FAIR PRICE COMMISSION TO THE HOUSEWIVES OF THIS STATE.

The women of this state could materially reduce the cost of their food by purchasing the less expensive cuts of meat. These cuts are cheap only in the sense that the price is lower. They are nutritious and, when properly prepared, are highly palatable. Some of the less expensive meat contains higher nutritive value than the most costly portions. But the cheaper cuts are sadly neglected because of lack of information as to their merit and their preparation. As a consequence, the demand for meats at retail is highly uneven. This makes merchandising more expensive and adds to the cost of living. The Fair Price Commission purposes to disseminate information about the cheaper cuts which, turned to account by consumers, will help to reduce meat bills.

FAIR PRICE COMMISSION.

### BUY FORE-QUARTER BEEF AND SAVE MONEY.

The fair price commission declares that if consumers will buy more fore-quarter beef—whence come less expensive cuts—they will save money. Here is something which the United States department of agriculture recently said on the subject:

"Because of its reputation as the choicest cut, the people ask for porterhouse steak, whereas if they would try a chuck steak, the chances are it would prove to be satisfactory and it would cost much less. The reputation of porterhouse steak with the consequent large demand for it, coupled with the fact that this cut forms only a very small per cent of the carcass, causes it to sell at a higher price than any other cut."

"If people in general could realize the value of meat from the fore-quarter as compared with that from the hind-quarter and would use more of it, prices of meat as a whole would be greatly reduced and would be more stable."

"An abnormal demand for any commodity forces up the price and this condition applies to porterhouse steak or other choice cuts. People should use more fore-quarter meats and reduce prices of living. Any of the fore-quarter meat is good for making meat loaves or Liberty steak, while in some markets, steaks are cut from the rib and sell as short cut steaks."

The department of agriculture shows plainly how expensive it is to discriminate against the fore-quarter beef:

"The average consumer seldom realizes the difference in the selling price

of beef taken from the hind-quarters and that cut from the fore-quarters, and if he is aware of it he very likely does not understand the reason therefor. The wholesale prices on hind and fore-quarters of beef are based on a differential of so much over carcass price for hind-quarters and so much under carcass price for fore-quarters. It is seldom that fore-quarters ever sell as high or that hind-quarters sell as low as carcass prices. The average differential is usually 2 cents over on hinds and 2 cents under on fores. At present, the differentials are greater, both over and under.

"The differential is changing according to the market."

This is just the time of year for persons with porterhouse habits to get acquainted with beef from the fore-quarter. Such meat is used largely for roasts and steaks. On this account it requires more heat for cooking. In cold weather, when it is necessary to heat the house for personal comfort, there is a double reason for using fore-quarter beef.

### Neck Meat of Beef Loaf.

2 lb neck meat of beef, ground.  
1/2 lb lean pork, ground.  
1 egg.  
1 green pepper, chopped fine.  
2 cupfuls bread crumbs.  
Liquor to moisten.  
3 slices of bacon.

Mix the beef, pork, egg, pepper, bread crumbs and seasonings with sufficient milk or water to form into loaf. Arrange strips of bacon on top. Bake in loaf or in casseroles in a moderate oven for two hours. Cover if necessary to prevent the top from becoming too hard and dry.

### J. W. C. JONES DIED AT DUNLAP

J. W. C. Jones died recently at Dunlap, after having fallen down a stairway while suffering from an attack of heart failure. He was at the Moore house when the accident which caused his death occurred. He was in his seventy-second year and a prominent man of that section. He was a member of the Masonic Lodge, and services were conducted under their direction.

### SAMUEL CLAY DYER'S BODY BROUGHT HOME.

The remains of Samuel Clay Dyer were brought from England last week and interment made at the Walker graveyard near Pikeville. He died in hospital in England soon after landing being taken ill on shipboard, Sept. 30, 1918. He is survived by a wife and baby.

Advertise in your home paper.

### She Arrived Too Late

He was nervous, and although he had been in the furniture store for over a week it seemed as though he would never master the business.

As a buxom dame bounced into the shop he advanced anxiously. She asked for a chiffonier and he conducted her to the bassinette department.

The lady grew angry and threatened to report him, but he apologized so abjectly that she decided to overlook the offense and give him another chance.

"Please tell me," was her next remark, "what has become of those lovely sideboards you had last week?"

The young man blushed and faltered as he replied: "I'm—I'm sorry, ma'am, but I've shaved 'em off!"

### Who Remembers

The old-time village character whose only claim to fame was that he could hit the spittoon every time at ten feet?

### "Felt Like Eating"

Man and Wife, All Run-Down from Farm Work, Were Greatly Helped by Ziron.

"MY WIFE and I, after a hard spring on the farm, were tired and run-down," says Mr. E. B. Mulkey, of Route 1, Acworth, Ga. "We neither felt well. I knew my blood was bad, as I had little boils on the back of my neck."

"We felt we needed a builder. We had heard of Ziron and thought it must be what we needed. It certainly was. We took it faithfully, and after a week or such a matter we began to feel better. My wife felt like eating."

"Ziron sure did us good. It made us both feel stronger and better for the fall work, which everyone knows is 'some work' on a farm. My boils began to dry up, though just at first they seemed worse."

"We are much better and can highly recommend Ziron, and gladly do so for it sure did us good."

Ziron is a safe, reliable, tonic medicine, good for men, women and children, when an iron tonic is indicated. It is easy to take and contains no habit-forming drugs. Ask your druggist or dealer.

### SEQUACHEE WATER WORKS.

RESIDENTS of Sequatchie have all the privileges in connection with water service equal to any first-class city. The supply is taken from Cumberland Mountain from springs 350 feet in elevation. Three miles of pipe are now laid.

### Soddy.

Special to the News.

Cool weather seems to be the order of the day.

Miss Esther Gibson spent Sunday afternoon with Miss Louie Pickett.

Misses Cora and Estelle Grayson, of Whitwell, are visiting Mr. and Mrs. R. C. Pickett and family.

Mr. and Mrs. J. M. Crawley and children went to Sunday school Sunday.

Miss Pauline Adams has spent the last two weeks with Mrs. Foster Pickett.

Misses Cora and Estelle Grayson and Lena Pickett went shopping last week.

Lewis Gibson called on John Gibson Sunday.

R. C. Pickett called on G. W. May Sunday.

There was an ice cream supper at Mrs. Tennie Hutcheson's Saturday night.

Misses Cora and Estelle Grayson and Lena, Ella and Maud Pickett spent Sunday evening with Miss Laura Gibson.

Johnny Gibson called on Foster Hles Sunday.

Sallie Isles called on the Pickett and Grayson girls Sunday afternoon.

Everybody is busy picking strawberries.

Good luck to the News and all of its correspondents. Brown Eyes.

### To Enforce Dog Tax.

Jasper, Tenn., June 7.--(Special)--Grand Jury is in session this week, being held by Judge John T. Raulston. Special attention is being paid to the whisky question and endeavor will be made to ferret out the makers of wildcat whiskey in this section, with which this part of the state is now cursed. The dog tax will also be enforced and dog owners will be given until next court to pay their dog tax.

### SHERIFF'S SALE.

By virtue of a venditione exponas, issued to me by S. State, Circuit Court Clerk, Marion County, Tenn., by order of the Judge of said court, I will on

SATURDAY, JUNE 19, 1920,

sell at the court house door, Jasper, Tenn., the following real estate: Land of Taylor Spears, described as follows: Beginning at a rock known as the Brady corner, opposite a fence going up to the Brady barn, thence northwardly with the Hoge line to the crossing, thence with the right-of-way of the N. C. & St. L. Ry. to a point opposite and west of the rock corner known as the Bradley corner where there is now situated a chestnut telephone stump, thence a direct line eastwardly to the beginning, containing eight acres more or less. This levy is made subject to homestead. Also deducting from said tract the lands heretofore deeded by the said defendant, the above described property being the home where Taylor Spears now lives. Said land will be sold as the property of Taylor Spears to satisfy a judgment against Taylor Spears and Lawrence Spears rendered by W. J. Johnston, J. E. August 4, 1920, for \$50, in favor of Lee M. Turner, together with all costs, interest, and cost of this order. This Jasper, Tenn., May 21, 1920. G. W. COPPINGER, Sheriff. P. \$8.50

### HANDS, ARMS, LIMBS ASLEEP

And Was Run-Down, Weak and Nervous, Says Florida Lady. Five Bottles of Cardui Made Her Well.

Kathleen, Fla.—Mrs. Dallas Price, of this place, says: "After the birth of my last child, I got very much run-down and weakened, so much that I could hardly do anything at all. I was so awfully nervous that I could scarcely endure the least noise. My condition was getting worse all the time."

I knew I must have some relief or I would soon be in the bed and in a serious condition for I felt so badly and was so nervous and weak I could hardly live. My husband asked Dr. about my taking Cardui. He said, "It's a good medicine, and good for that trouble," so he got me 5 bottles. After about the second bottle I felt greatly improved. Before taking it my limbs and hands and arms would go to sleep. After taking it, however, this poor circulation disappeared. My strength came back to me and I was soon on the road to health. After the use of about 5 bottles, I could do all my house-work and attend to my six children besides."

You can feel safe in giving Cardui a thorough trial for your troubles. It contains no harmful or habit-forming drugs, but is composed of mild, vegetable, medicinal ingredients with no bad after-effects. Thousands of women have voluntarily written, telling of the good Cardui has done them. It should help you, too. Try it.

### The Drunkard's Pledge.

(Published by request and dedicated to the bootleggers and wildcat distillers of the section.)

Ab, I reeled home last night: 'twas not very late.

For I had spent my last sixpence, and landlords won't wait.

On a fellow who has left every cent in their till.

And pawned his 'ed, their coffers to fill: And oh, the torment I felt, the pangs I endured.

I begged for one glass, just one would have cured:

But they kicked me out door; I let that, too pass.

For I've drunk my last glass, boys: I've drunk my last glass.

At home my pet Susie, with her rich golden hair,

Isaw thro the window just kneeling in prayer. From her pale bony hands, her torn sleeves were strung down,

While her feet, cold and bare, shrank beneath her scant gown;

And she prayed, prayed for bread, only one crust of bread.

On her knees, for a crust my pet darling plead.

And I heard, with no penny to buy one alas!

But I've drunk my last glass, boys, I've drunk my last glass.

My Susie my darling my wee six-year-old,

Though fainting with hunger, and shivering with cold.

There on the bare floor, asked God to bless me,

And she said don't cry mamma, He will for I believe, you see:

Then sobered, I crept away from the house, and that night

When I slept next my heart laid the pledge; honor bright.

I will keep it forever: your smile I let pass,

For I've drunk my last glass, boys; I've drunk my last glass.

My darling child saved me, her faith and her love.

Are akin to my dear sainted mother's above.

I'll make my word true or I'll die in the race,

And sobor I'll go to my last resting-place.

And she shall kneel there, and weeping thank God,

No drunkard lies under the daisy-strewn sod;

Not a drop more of poison my lips shall e'er pass,

For I've drunk my last glass, boys; I've drunk my last glass.

### Oak Grove.

Special to the News.

Visiting seems to be the order of the day.

Pearlie Kilgore called on Miss Emma Dent Sunday.

Estelle Kilgore called on Miss Emily Sitz Sunday.

Joe Weaver was disappointed Sunday as Ella Manley wasn't at Sunday school.

Misses Claude Cannon and Clinton Adams were in Oak Grove Sunday.

Mamie Levan and Arthur Curtis looked out Sunday.

Skeleton Parsons called on Miss Emily Sitz Sunday.

"Uncle Tom," if you want to marry just get you a horse and buggy.

We are having a nice Sunday school at Oak Grove.

A crowd of Pryor Ridge boys and girls went to the mines Sunday.

Bob Morgan is the prettiest boy in Pryor Ridge.

We haven't seen a letter from Pryor Cove in a long time. Come on, old "Hustler," and let us hear from you.

Jessie Stump looked cute Sunday.

Bessie Green received a letter from James A. Cunningham of Camp Taylor, Ky., Thursday.

Will Harris called on Miss Lizzie Manley Sunday.

Lester Smith called on Margie Sitz Sunday.

Mr. and Mrs. Sim Nunley called on Mr. and Mrs. Henley.

Walter Kilgore went to the show Saturday night.

Mr. Crow, of Pryor Ridge, gave a dance to the young people. All reported a good time.

Jessie Stump is thinking of spending a few days in Jasper next week. We sure will miss her.

Miss Mamie Nunley and Foster Harris looked pleased Sunday.

Albert McCullough went to Jasper Sunday.

Miss Katie Green received a box of candy and a box of stationery from a soldier boy in Camp Taylor, Ky.

Simon Morgan and wife were out buggy riding Sunday afternoon.

Nellie Green, Dixie Nunley and Tannie Kilgore called on Miss Dora Kilgore Sunday.

Dora Kilgore received a sweet letter from a cute boy Monday.

Jessie Stump and Bessie Green had a fine time Sunday and Sunday night.

Katie Green sure would be glad to see Warren Stubbs, of Camp Taylor, Ky.

Louis Morgan and Lester Smith went to church Sunday night because they were with their best girls.

Warren Stubbs said he had to start to Camp Perry in July or August and I guess Nellie Green will go crazy.

Brown Eyes.

### BODY OF SOLDIER BROUGHT FROM ENGLAND

The remains of John I. Kilgore, American soldier who died in hospital in England about eighteen months ago, were brought to Victoria last Monday and interment made Wednesday in the cemetery at Sardis. He was a son of George Kilgore, of that place. The casket was opened at the grave, but the body, although in a good state of preservation, was blackened and flesh dried upon the bones until it was beyond recognition. The Red Cross, which is represented at that place by two members, secured a beautiful floral emblem from Chattanooga. The services were conducted by Rev. Levi Bowlen, of this place, and were largely attended.

Still Mr. Palmer may win more delegates than people think. There are a lot of profiteers in this country. —Peoria (Ill.) Star.

### CLASSIFIED ADVERTISING

#### MICKIE SAYS

IF YOU'VE FOUND A \$10 BILL, LOST YOUR PET BULL DOG, WANT TO BUY A LIBERTY BOND OR WANT TO SELL THE FAMILY FLIVVER, TAKE A CHANCE ON OUR LIT WANT ADS. THEY DON'T COST HARDLY ANYTHING AN' THEY GOT THE PEP, BUH-LEEEVE, ME!



Advertisements under this head One Cent a Word first insertion, half price following insertions. No advertisement for less than 25c first time.

#### FOR SALE

THE NEWS AND THE NATIONAL REPUBLICAN, 8 months each, \$8; Order now so as to keep informed politically.

FOR SALE—Pen and pencil tablets, note and letter sizes, at News office.

FOR SALE—Strong glue in small bottles for mending articles, at News office.

FOR SALE—Pencils, pens, penholders, colored crayons, lumber crayons rubber bands, etc., at News office.

FOR SALE—Cement, at News office, Sequatchie.

FOR SALE—Stamp pad ink, blue. News Publishing Co., Sequatchie.

CLUB OFFER—The News and the Weekly Globe Democrat, Twelve-Week issue, one year each, \$3.00 for both papers. Send orders to News, Sequatchie with remittance.

FOR SALE—Resin-sized sheeting paper, just the thing to put under that carpet. NEWS, Sequatchie.

FOR SALE—Composition books, time books, ledgers, note books, at News office.

FOR SALE—Oliver No. 5 Typewriter Ribbons, all colors, 75c postpaid, at News office, Sequatchie, Tenn.

FOR SALE—Envelopes with name and address printed thereon, 60c per 100; by mail 65c. News Publishing Co., Sequatchie, Tenn.

FOR SALE—Lime in large or small quantities. W. C. HILL.

FOR SALE—Carbon paper for transfer work, 10c sheet, News Publishing Co.

